

## **DIAGRAM PA AUK SAYADAW**

# THE DIAGRAM SHOWING THE WAY TO PRACTICE

## The Four Elements Meditation and Mindfulness of Breathing

帕奧禪林以安般念或四界分別觀入門之學程表

BEING EXERCISED IN PA-AUK FOREST MONASTERY, PA-AUK VILLAGE, MAWlamyine TOWNSHIP, MON STATE, UNION OF MYANMAR

